VANCOUVER metro®

NEWS WORTH SHARING.

LOOK OUT BELOW!

AN APRIL FOOL'S JOKE IS ABOUT TO FALL ON YOUR HEAD! WOULDN'T BE THE FIRST TIME, IF YOU'RE A VANCOUVERITE PAGE 2

Feds make lemons out of lemonade

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Exxon Mobil's crude cleanup

Company says crews are working to contain a spill of Canadian oil after a pipeline break in U.S. PAGE 7

Enough to drive a man mad

After 6 seasons, Mad Men's creator learned to avoid the critics. In other news, Peggy Olson's back! PAGE 9

HIGH AND MIGHTY

Charlotte Romses, pictured hanging high above the Vancouver Circus School floor, is just one of the many talented performers learning their trade at one of the Lower Mainland's most colourful institutions. Stories, pages 4-5.

JENNIFER GAUTHIER/FOR METRO

Rescue team in need of saving, says fire chief

Heavy Urban Search and Rescue. Funding for national program runs dry at month's end

When a massive landslide engulfed homes in the quiet hamlet of Johnson's Landing in B.C. last summer, a specially-trained integrated emergency task force was among the first to respond.

Now that same team must be saved, Vancouver's fire chief said, or Canada's national and international response to crises could be seriously crippled.

Fire Chief John McKearney met with federal safety officials last week, asking the government for $1.6 million to keep the Heavy Urban Search and Rescue program afloat for the next three years.

"(It's) a last-ditch effort to salvage this national program," McKearney said in an interview, adding the funds would be spread between teams in B.C., Alberta, Manitoba and Ontario.

Make-up

The integrated task force is made up of medics, firefighters, engineers, and search-and-rescue crews. It co-ordinates efforts of responders across four provinces in the event of major floods, landslides, earthquakes, building collapses, or other disasters

Funding for the existing rescue crew runs out at the end of April, McKearney said, and could mean the team won't be able to respond to national or international disasters.

"It's a huge concern," McKearney said. "We're not just a heavy-lift team or a structural-collapse team. It's really an all-hazards approach."

Public Safety Minister Vic Toews announced federal funding for the program would be cancelled after the 2012 fiscal year, as part of the Conservative government's efforts to reduce the deficit.

But McKearney said the government didn't fully grasp the consequences.

Currently able to operate self-sufficiently for up to 10 days, the Heavy Urban Search and Rescue team would have to rely on host communities for lodging, food, transportation and supplies if funding is cut — something the local municipalities aren't always equipped to do in major catastrophes.

Their training is unique, McKearney said. Members of the team have the know-how to save those trapped in confined spaces, tunnels and mounds of rubble. THE CANADIAN PRESS

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NEWS 1

Five years later. B.C. returns to old sales tax after HST rejection

Monday marks British Columbia's official return to the provincial sales tax after an almost five-year crash-and-burn relationship with the harmonized sales tax.

Introduced in 2009 as a saviour for business but rejected in a historic peoples referendum in August 2011, the HST managed to cling to the province's political, social and business fabric until now — taking with it former premier Gordon Campbell and possibly the current Liberal government of Premier Christy Clark as victims.

British Columbians go to the polls on May 14, with the Opposition New Democrats, who called the HST a $2-billion transfer of wealth from consumers to businesses, expected to form the next government.

Businesses are now grudgingly forced to return to the former seven per cent PST after taking the past two-and-a-half years getting used to the simplified, value-added HST, which combined the five per cent federal goods-and-services tax with the PST.

Barely three months after winning its third consecutive term in May 2009, Campbell's Liberal government announced it had accepted Ottawa's $1.6-billion offer to move to a harmonized federal-provincial tax system.

The announcement was viewed with skepticism, especially since B.C. had consistently rejected previous federal offers to move to the HST.

Almost immediately, a grassroots Fight-HST movement began, enlisting former premier Bill Vander Zalm as a spokesman, while more than 500,000 people signed up to oppose the tax, prompting a provincewide referendum on the HST under B.C.'s direct democracy laws, which allow for recalls of politicians and votes on some initiatives.

Campbell resigned mid-term, essentially admitting peoples concerns about his policies had stalled the progress of his government.

The tax went down to defeat in August 2011, but it's taken until now to officially bring back the PST.

THE CANADIAN PRESS

SFU. Local scientists help make virtual tree of life

A team of scientists, including two from Simon Fraser University, have created a Google-Earth-like program that maps thousands of species.

Using online software called OneZoom, they've created an interactive, virtual tree of life that consists of three thick "branches" for amphibians, mammals and birds.

"The idea behind [OneZoom] is to make large amounts of information really easy to understand and also fun to explore," said creator James Rosindell, a biodiversity theorist in London, England.

"There's no limit to the amount of information you can put there, because it can be as small as you like and you just zoom in to get at it," he said.

When users zoom in on a limb, hundreds of smaller ones appear showing a breakdown that includes kingdoms, classes, families and species.

Eventually, leaves hanging on the ends of the smallest branches reveal names of a particular species.

"It's only recently that modern genetics techniques have made it possible to produce these big trees," Rosindell said, adding that traditional methods of visualizing data are "exceptionally bad" at dealing with large data sets.

Rosindell said he hopes one day the software will account for all known organisms on earth: some two million species.

"With the way OneZoom works and with the huge amount of information flowing in from scientists around the world, that really could happen," he said.

Two of those international scientists were SFU biologists Jeffrey Joy and Arne Mooers.

The pair built the birds' branch of the tree — nearly 10,000 different species.

TYLER HARBOTTLE/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

From ha-ha to uh-oh: A brief history of prank

April Fool's Day. Vancouver has a long history of clever pranks, though some went way, way too far

ELIZABETH HAMES
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When a red-and-white Volkswagen Beetle, seemingly suspended in mid-air, appeared mysteriously beneath the Lions Gate Bridge on Feb. 5, 2008, Vancouverites knew where to point the finger.

"They've struck again," read a local headline.

UBC engineering students had a reputation for dangling the Beetles beneath high-flying bridges: the Lions Gate and the Golden Gate in San Francisco had both been targeted.

And they wouldn't stop there. In 2009, five UBC engineering students were arrested when their attempt to lower a Volkswagen off the Second Narrows failed. The cables snapped, sending the car plunging into the waters below.

Although they may have been the first to suspend a car in mid air, UBC's budding engineers were not the first pranksters to strike Vancouver.

In 1938, Vancouver city councillors arrived at work to find their beloved statue of Captain Vancouver wearing a woman's hat and apron. A link of sausages dangled from his right hand while a broom was cradled in his left.

It was a whimsical April Fool's, but not all Vancouver pranks were victimless.

In February 2011, eight guests at the North Vancouver Hotel received panicked phone calls, saying a gas leak was set to ignite unless they removed the pins from the sprinklers in their room. The guests were convinced and flooded their suites, causing approximately $100,000 in damage.

In December 1920, a group of troublesome youths caused a regional blackout stretching as far as Washington when they threw stones at a high-voltage power line, knocking it to the ground. Streetcars, printing presses, elevators, banks and businesses all came to a halt for 20 minutes as B.C. Power Corp employees rushed to repair the break.

And that's no joke.

The shell of Volkswagen Beetle hangs from the Lions Gate Bridge in February 2008.
RAFE ARNOTT/METRO FILE

'Rising operational costs'

BC Ferries ticket prices rise 4.1%

Passengers will be paying more to ride BC Ferries on Monday. In a release, BC Ferries blamed "rising operating costs and capital expenditures" for the 4.1 per cent spike in ticket prices, which will effect all routes. METRO

In critical condition

Five-year-old boy pulled from pool, sent to hospital

A five-year-old boy was in critical but stable condition Sunday after being dragged from a relative's pool. A family member performed CPR on the child after finding him Saturday. METRO

23-year-old in hospital

Unprovoked stabbing at basketball court

A 23-year-old man is in hospital, and a 24-year-old American man is in police custody after an unprovoked attack at an outdoor basketball court in Vancouver. THE CANADIAN PRESS

Art Phillips

Former mayor dies at 82

Vancouver's mayor is remembering the life of one of his predecessors after Art Phillips died Friday at the age of 82. A statement from Vancouver Mayor Gregor Robertson called the former mayor a visionary leader.

THE CANADIAN PRESS

$5M later, Harper's charity crackdown nets one bad egg

'Excessive' political activities. After a year of audits, only one in nearly 900 charities had its status revoked

KATE WEBB
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An $8-million pot of money included in last year's federal budget to crack down on charities suspected of engaging in "excessive" political activities has so far resulted in only one having its charitable status revoked, out of nearly 900 that were audited.

Under the Canadian tax code, registered charities are permitted to devote a maximum of 10 per cent of their total resources to non-partisan political activities, defined as any type of call to political action.

The agency has already spent $5 million to educate charities and increase transparency and compliance around those limitations, and expects to spend the remaining $3 million in the coming year.

Environmental charities were widely reported to be the primary target of ramped-up compliance measures after Natural Resources Minister Joe Oliver said environmental and other "radical groups" were trying to undermine the national economy by blocking pipeline and other fossil fuel projects.

But Canada Revenue Agency (CRA) spokesman Philippe Brideau said after roughly 880 audits in the past year, the only charity whose status was revoked for exceeding limits on political activity was Physicians for Global Survival, a group dedicated to the promotion of nuclear disarmament.

A CRA audit found the organization was using 26 per cent of its resources for political activities, including a letter-writing campaign urging Prime Minister Stephen Harper, party leaders and MPs to support an international treaty banning nuclear weapons.

Several high-profile B.C.-based charities, including the David Suzuki Foundation and ForestEthics, told Metro the CRA's attention actually inspired them to become more politically active, because they realized they were not spending anywhere near the 10 per cent threshold.

ForestEthics split into two organizations after the March 2012 budget announcement, with a non-charitable branch dedicated solely to advocacy, while David Suzuki stepped down from the board of his own foundation so that he could publicly denounce Prime Minister Stephen Harper's policies.

Canada Revenue Agency

The CRA declined an interview request from Metro, and refused to divulge how many charities had received less serious reprimands for political activity, such as warning letters, compliance agreements, fines or suspension of tax receipting privileges.

Salmon Arm physician and former president of Physicians for Global Survival Dr. Warren Bell speaks at a 2009 conference in Montreal. FLICKR.COM: PGSOTTAWA

"It wasn't because there was any feeling like we were over that 10 per cent — it was actually that we wanted to do more than 10 per cent," said Ben West, tar sands campaign director for the now one-year-old non-profit, ForestEthics Advocacy.

"I think [for] a lot of groups there was this desire to not get bullied and instead to stand up and fight … it wasn't a defensive move, it was an offensive move."

Green energy helps sell electric cars: SFU study

B.C. Environment Minister Terry Lake poses at an electric car charging station in Vancouver in January. JENNIFER GAUTHIER/METRO FILE

Electric vehicles would generate more buzz if North American utility companies offered to power the cars with renewable energy instead of fossil-fuelled electricity.

It's an argument made in a new study from SFU published in the latest edition of the scientific journal Environmental Research Letters.

Would-be car buyers were 23 per cent more likely to say they would switch to a greener ride if the car could tap into solar, wind or small-scale hydroelectric power, said Jonn Axsen, an assistant professor at SFU who conducted the survey of 1,500 Americans.

"This [survey] makes a good argument for a better connection between automakers and utilities in terms of how these two different products are marketed," Axsen said.

The study was partially funded by BMW, a German car maker that's already coupled its electric vehicles with sources of clean energy.

The auto company partnered with American clean-energy provider Green Mountain Energy to offer "renewable energy certificates" to a group of electric-BMW drivers in 2012. The certificates ensure power for the ActiveE-line of BMWs comes from renewable sources.

Axsen believes other companies should also be addressing where energy for their electric vehicles comes from.

His research builds on previous work that shows Americans don't typically think about sources of their electricity — something he said could be extended to some parts of Canada.

TYLER HARBOTTLE/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Smart grids

- Axsen is already working on a Canadian study that explores how smart-grid technology might be used to allocate renewable power to electric cars.
- Smart-grid technology allows utility companies to collect information about power use in real time, and use that data to deliver power more efficiently.

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It's a bona fide circus

Daredevils in training. Metro visits Vancouver Circus School, where the next generation of performers learns to thrill audiences

MATT KIELTYKA
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Domenic Taylor, 17, used the Vancouver Circus School's ring-master program as a springboard to Montreal's prestigious École nationale de cirque. JENNIFER GAUTHIER/FOR METRO

Follow the faint music emanating from the second floor of New Westminster's River Market and you may just be transported to a surreal place where anything seems possible.

A man contorts his body as he whirls through and around a metal hoop suspended from the ceiling.

A woman frees herself from a tightly wrapped silk cocoon and spins dizzyingly towards the earth.

A nine-year-old girl tumbles and somersaults across the floor with the confidence of a seasoned acrobat.

Three other students, sitting casually on a narrow bar 10 feet off the ground, watch on and share a carefree laugh.

"Since we've been sitting here, there's been a guy hanging by his neck over on the hoop, two girls hanging off their toes on the trapeze," says Vancouver Circus School founder and director Travis Johnson early on during a visit from Metro. "Yeah, you see the most bizarre things."

Vancouver Circus School (VCS) certainly lives up to its name.

In the nine years it has been open, VCS has taught hundreds of students — from curious recreationists looking for a very different fitness regime to serious performers looking to break into the industry — how to master the timeless, larger-than-life, death-defying feats of athleticism and courage that have made productions like Cirque du soleil such a popular attraction.

Charlotte Romses was one of those astonished spectators when Cirque brought its big-top show Varekai to Vancouver.

"Seeing that for the first time was like seeing magic," says Romses. "I thought it was absolutely amazing, but I never thought it was something that I could do."

The impressionable 14-year-old couldn't stop thinking about what she had seen, so her mother sought out VCS and enrolled Romses in an aerial silk workshop.

"I just fell in love with it," recalls Romses, who says her only previous experience involved climbing trees and hanging off the monkey bars.

Now 19, Romses commands the silks with the grace, agility and power that is easily mistaken for magic to the untrained eye.

Paige Hayley on the trapeze. JENNIFER GAUTHIER/FOR METRO

She's graduated to the school's ring-master professional development program and is an aerial silks instructor herself.

Being a well-rounded professional requires a diverse skill set, so Romses is training on everything from trampoline and trapeze to juggling and dance.

The program has enabled Romses — who also studies psychology at the University of British Columbia — to take the next step and begin performing in front of an audience.

That includes a recent TEDx event at the Orpheum Theatre where she choreographed her silk routine to live opera singers.

"That was nerve-wracking," she says with gleaming eyes and the hint of an emerging smile. "It's kind of scary when you go out there and look out to this huge audience before you. But you feel really good afterwards because you've accomplished something big."

Seventeen-year-old Domenic Taylor is also dreaming big.

He used the ring-master program as a springboard to being accepted into Montreal's prestigious École nationale de cirque, a farm system for the industry's biggest touring companies.

Taylor, who specializes in aerial hoop, turned his back on competitive gymnastics to pursue circus.

"I had the technique. I was trained. I knew what I was doing but I wanted to put my own twist on it ... my own artistry and personality," he says.

"The main draw is performing in front of an audience. Finishing an act is awesome, you get such a rush."

Though Vancouver Circus School's professional-development program is paying dividends (some graduates go on to join VCS's Inner Ring company), Johnson stresses classes are free of intimidation.

"Here you work against yourself, if anything," he says. "You're capable of doing things that you're not able to imagine. The way a person feels when they can actually do a front flip properly and learn to use their body in the air ... it just makes all of us feel better about ourselves."

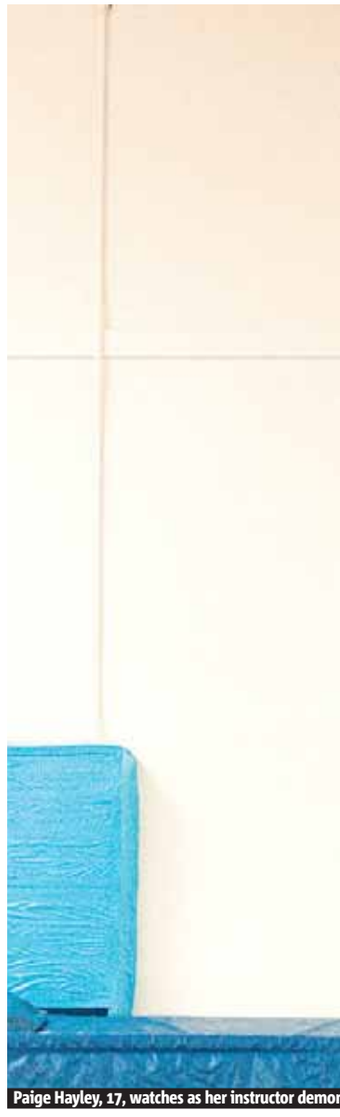
Student ages range from four to 76, and their skill sets and ability can be just as diverse.

Because, after all, the circus is fun for all ages.

On the web

Visit metronews.ca for more on the Vancouver Circus School, including an exclusive photo gallery.

Maddy Jamieson, 15, holds Madeleine Burkett, 9, during their acro balance rotation. JENNIFER GAUTHIER/FOR METRO



Paige Hayley, 17, watches as her instructor demon

The real family circus: Aaron Johnson helps three-year-old son Travis flip on the trampoline in this family photograph. Two decades later, the two would open the Vancouver Circus School in New Westminster. CONTRIBUTED/TRAVIS JOHNSON

The family that flips together ...

Most fathers would bounce their children on their knees.

But Aaron Johnson wasn't like most fathers.

A world champion trampolinist, Canadian Gymnastics Federation trainer and Cirque du soleil acrobatic coach, Aaron had his son Travis hopping, flipping and sticking tricks by the time he was ready for grade school.

"It was a part of growing up," recalls Travis, now 29 and owner of the Vancouver Circus School. "I didn't even know that trampoline wasn't a normal thing that every kid did until I started going to school and a friend told me he had never been on one. I was shocked."

Unconventional childhood

"I didn't even know that trampoline wasn't a normal thing that every kid did." Travis Johnson, owner of the Vancouver Circus School

Aaron's guidance and support would be a constant part of Travis's youth and adult life.

When the younger Johnson sustained a devastating motorcycle injury, it was Aaron who helped pick up the pieces and co-founded the Vancouver Circus School in 2004 with his son.

With decades of international-level coaching experience under his belt, it was Aaron that initially set the school's curriculum and certified its coaches.

"He was really involved," says Travis. "He was the guy we could build off. There was no way I could have done any of that without him."

The partnership continued until November 2012, when Aaron died at age 61 after an accidental fall at home.

Now Travis — along with literally hundreds of athletes and performers — pays tribute to the man who taught him to constantly reach higher.

"So many people owed their careers to him," says Travis. "He was always very proud of what we accomplished. His mission was to build the best damn circus school possible and I want to keep growing it even further." MATT KIELTYKA/METRO

in here

nstrates a technique on the trampoline at the Vancouver Circus School in New Westminster. JENNIFER GAUTHIER/FOR METRO

It's one topsy-turvy world

JENNIFER GAUTHIER/FOR METRO

1 Hangin' on tight.

Charlotte Romses, 19, has honed her aerial-silks skills through the Vancouver Circus School's ring-master development program.

2 Hang time.

Paige Hayley, 17, performs a routine on the trampoline.

3 Hangin' around.

Ring-master student Svetlana Delous and instructor Brandon Miyazaki enjoy a moment of downtime.

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Canuck warship makes huge heroin bust at sea

500 kgs. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS

The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS, HMCS TORONTO, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

The worst in living memory

A harbour light is encased in ice at a landing stage in the Baltic Sea town of Goehren in northeastern Germany on Easter Sunday. Germans will remember March as the coldest the country has experienced since 1883. STEFAN SAUER, DPA/THE ASSOCIATED PRESS

Environmentalism.
Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and management of wildlife.

Canadian negotiators proposed very high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the proposal.

"The Canadian experience also shows that it is not a significant barrier to cost-effective shipping, for purposes ranging from community supply to resource development and limited but growing through traffic."

THE CANADIAN PRESS

Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Victim in mall shooting raided home as a minor

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor, Ont., in 2005.

Michael Nguyen, 23, was shot and killed outside of a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them and released a photo of him Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

One of Nguyen's co-defendants was Qoheleth Chong. A man by the same name was shot and killed in Toronto last November. As of press time, Metro could not confirm they are the same person.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He only served about two-and-a-half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," recalled Miller. "They came to the door ... and there was a pizza delivery man there. ... He said they hadn't ordered in and when he turned back there was a guy with a shotgun."

Three minors, including Nguyen, and one adult entered the home armed and bound the woman and the man who lived there with zip ties, said Miller.

"Before they found the woman and put her in zip ties she called 911," he said.

The man had $20,000 in the home in small bills, which he later said had come from gambling, said Miller.

Police arrested the four assailants, recovered four guns they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller believes the man may have been targeted.

"It seemed odd that there were four assailants and five guns and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," said Miller. "It seemed odd when you added the $20,000 in cash."

JESSICA SMITH/METRO IN TORONTO

Near the crime scene. Inset: Michael Nguyen. RICHARD LAUTENS/TORSTAR NEWS SERVICE

London, Ont.

Corpses found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought and the names of the deceased won't be released until their families have been notified. THE CANADIAN PRESS

U.S. highway

95-car pileup ends in deaths, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed. THE ASSOCIATED PRESS

Albuquerque, N.M.

Roadrunner supercomputer is decommissioned

It's the end of the line for Roadrunner, a first-of-its-kind collection of processors that once reigned as the world's fastest supercomputer. The supercomputer, housed at one of the premier U.S. nuclear weapons research laboratories in northern New Mexico, was decommissioned Sunday. Roadrunner has been replaced with something smaller, faster, cheaper and more energy efficient. THE ASSOCIATED PRESS

An IBM engineer inspects Roadrunner, once the world's fastest supercomputer. IBM VIA FPS

Tech rumours

Is 'Facebook phone' about to be unveiled?

Facebook has invited journalists to the unveiling of what it calls its "new home on Android."

Next Thursday's event will take place at the company's Menlo Park, Calif., headquarters, but Facebook isn't providing further details. There has been speculation about a "Facebook phone" for a few years. Facebook has long said it would not make its own phone. Rather, such a phone would likely integrate Facebook deeper into the phone's software.

The blog TechCrunch says Facebook will launch a modified version of Android that embeds Facebook deeply into the operating system, on a phone made by HTC Corp.

A deeper integration would help Facebook with its mobile aspirations. THE ASSOCIATED PRESS

Easter

Google's Chavez Doodle angers Christians

Google's decision to honour the birthday of U.S. labour organizer Cesar Chavez angered some American Christians on Sunday, who fumed that it was disrespectful to celebrate Chavez with a so-called Google Doodle on Easter Sunday. THE ASSOCIATED PRESS

Rabat, Morocco

Unions protest economic reforms

Thousands of members of two of Morocco's largest labour unions marched through the capital on Sunday to protest the Islamist-led government's planned economic and labour reforms and its failure to stem unemployment and inflation. The event was described as a "national march of protest." THE ASSOCIATED PRESS

Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.
Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon. The pipeline carries Canadian heavy crude oil from Patoka, Ill. to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The latest spill comes at time when proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making.

Dan Gatti of the advocacy group Environment America says the Arkansas spill provides a glimpse into what would happen if the Keystone pipeline got built. "These images of oil-coated disasters need to become reminders of a bygone era, not a sign of things to come," Gatti said in a statement Sunday.

The company said the 20-inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated with the Department of Emergency Management and other local authorities.

Last week, federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive cleanup. THE CANADIAN PRESS

2011 spill

$1.7M

Last week federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled crude oil into Montana's Yellowstone River in July 2011.

Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. JEFF CHIU/THE ASSOCIATED PRESS

Big Tech bets on big perks

Apple's planned ring-shaped, gleaming "Spaceship Headquarters" in Cupertino, Calif., will include a world class auditorium and an orchard for engineers to wander.

Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent," said Kevin Schaeffer of architecture and design firm Gensler in San Jose, Calif. THE ASSOCIATED PRESS

Publishing. Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately-run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy.

He's old enough to recall there once had been a big and vibrant daily press in the Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948. THE ASSOCIATED PRESS

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ART PHILLIPS' VISION PUT PEOPLE FIRST

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Toronto has Nathan Phillips Square.

Vancouver's has Art Phillips Park.

The Toronto public space, named after the city's mayor from 1955 to 1962, is laden — you might say burdened — with meaningful icons. Framed by the world-class architecture of Toronto City Hall, it features a Henry Moore masterpiece, a peace garden, a skating rink, a statue of Winston Churchill, a speakers' podium and a chunk of the Berlin Wall.

The Vancouver space, recently named after the man who made it happen, Art Phillips, mayor from 1972 to 1976, features cherry blossoms and a SkyTrain station.

These two very urban places tell a tale of two cities. The Toronto square is windblown and epic. It commands sober contemplation. The Vancouver park is thick with people hustling for the train, lining up at the lunch truck, taking pictures of the cherry blossoms with their smartphones or walking their little urban dogs.

In fact, Art Phillips used to walk his dog Daisy under the cherry trees.

Nathan Phillips died in 1976, but not before he engaged in a remorseless campaign to sweep away the past and replace it with a brave new city, characterized by the brave new city hall.

Art Phillips died on Friday, and he was at least as visionary as his Toronto counterpart. He just had a completely different vision. Better, it turns out.

While Nathan Phillips tried to knock down Old Toronto and just about succeeded, Art Phillips saved the Orpheum Theatre. So much of what we are today is grounded in Art Phillips' vision. No waterfront freeway? Thank Art Phillips. False Creek and Granville Island? Art Phillips again. Preserving the entrance to Stanley Park? That was Art.

At the time, they called him a communist because he didn't just hand over the city to developers. But he became the template for the Vancouver mayor, and the current edition can trace the origins of his vision to Art Phillips.

His surviving successors: Mike Harcourt, Gordon Campbell, Philip Owen, Larry Campbell, Sam Sullivan and now Gregor Robertson all owe a debt to Art Phillips. To one degree or another, all of them have worked on the Art Phillips project: to build on a vision that combines growth and livability.

Vancouver was not inevitable. The Toronto waterfront doesn't have Yaletown or False Creek. It has the Gardiner Expressway. Just down I-5 is a city called Seattle, which, for all its rich hipness, features one ugly freeway on the waterfront.

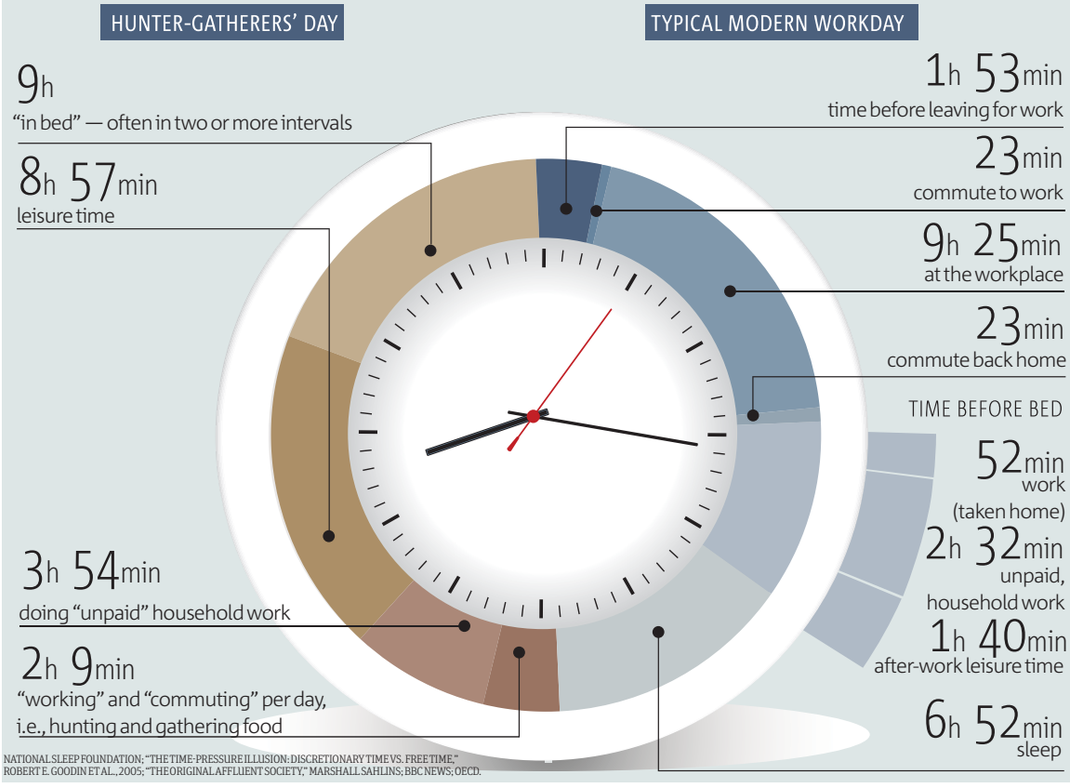
It's poignant that Art Phillips died just as the city was basking in its first postcard weather of the year. The seawall (thanks, Art) is full of people goggling at the splendour of skyline, ocean, mountains and forest, all integrated in some miraculous harmony that gives us a glimpse of a pathway to a sustainable future.

For that future, we can thank the giants of the past, starting with Art Phillips.

ZOOM

Where did all of our time go?

If you feel time-poor and complain that there's not enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour-day movement has failed miserably: the Industrial Revolution robbed us of normal sleep patterns, the Digital Revolution made us work at home. The average working-age person already has only one hour 40 minutes' leisure time per day, 5.37 times less than our hunter-gatherer ancestors.



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME," ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY," MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form. Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind.

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:

A nice mix of classics like Oedipus, re-creations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Letters

RE: Sadistic, tyrannical, unstable ... psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top-quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?

Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Promo

A poster says 1,000 words

Being that Mad Men is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, Mad Men turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.

The Internet can make a man go mad

Online angst.
Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: Mad Men creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on The Sopranos, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even know how it works."

For an example, he offers an episode from last season, Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

What's in store for Jon Hamm in the next season of Mad Men? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

Pushing Peggy for some answers

NED EHRBAR
Metro World News in Hollywood

When Elisabeth Moss found out last year that her Mad Men character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of Mad Men going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

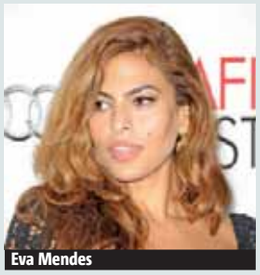
"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.

Elisabeth Moss. HANDOUT

Pop goes the week

Don't say hello to Eva Mendes' dog

STARGAZING
Malene Arpe
scene@metronews.ca



Eva Mendes

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConnaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew continues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging $500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."

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Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapezoids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.
When the kids were younger, I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

2) Stop telling yourself you are tired.
Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.
I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.
I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.
Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.
Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.
For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs

Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up
Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have broken a sweat and feel warm and slightly breathless.

Strength
Walk or jog one to two blocks (or about one minute) between each of the following exercises.

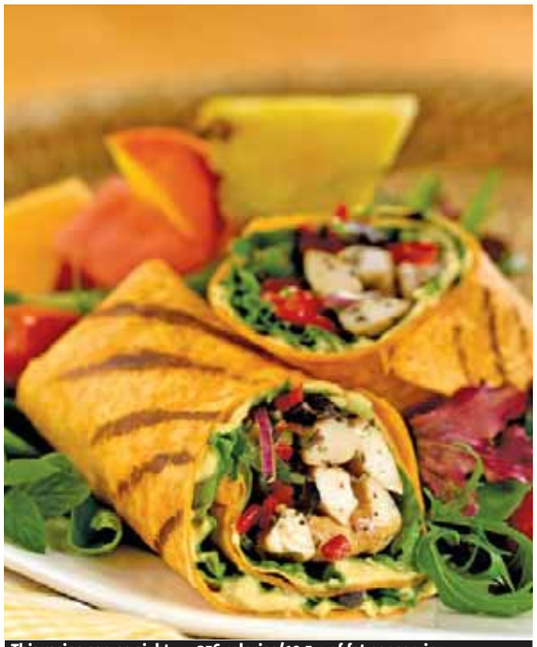
Walking stroller lunge and pulse.
With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick
With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points
Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even ½-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

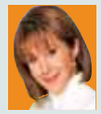
ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

Healthy eating

Choose it and lose it



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Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.

New York Fries Classic Fries (regular)

580 calories / 27 g fat
Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.

New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat
I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.

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*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 – December 16th, 2012. For more information visit www.bestnewproductawards.biz
**Dates subject to change. While quantities last.

Available at Walmart

Sumptuous snack. Rhubarb pecan muffins

For optional muffin toppings visit the recipe's website. GOBARLEY.COM

Lightly grease or spray non-stick muffin pans with non-stick cooking spray.

In a large bowl, combine flours, sugar, baking powder, baking soda and salt. In another bowl combine egg, canola oil, orange peel and juice.

Add to dry ingredients along with chopped rhubarb and pecans. Spoon into prepared pans. If desired, sprinkle 1 tbsp (15 mL) topping on each muffin.

Bake in a 375 F (190 C) oven for 25 minutes or until tops are firm to the touch. Makes 12 muffins.

GOBARLEY.COM

Ingredients

- 1 cup barley flour
- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 egg
- 1/4 cup canola oil
- 2 tsp grated orange peel
- 3/4 cup orange juice
- 1 1/2 finely chopped rhubarb
- 3/4 cup chopped pecans

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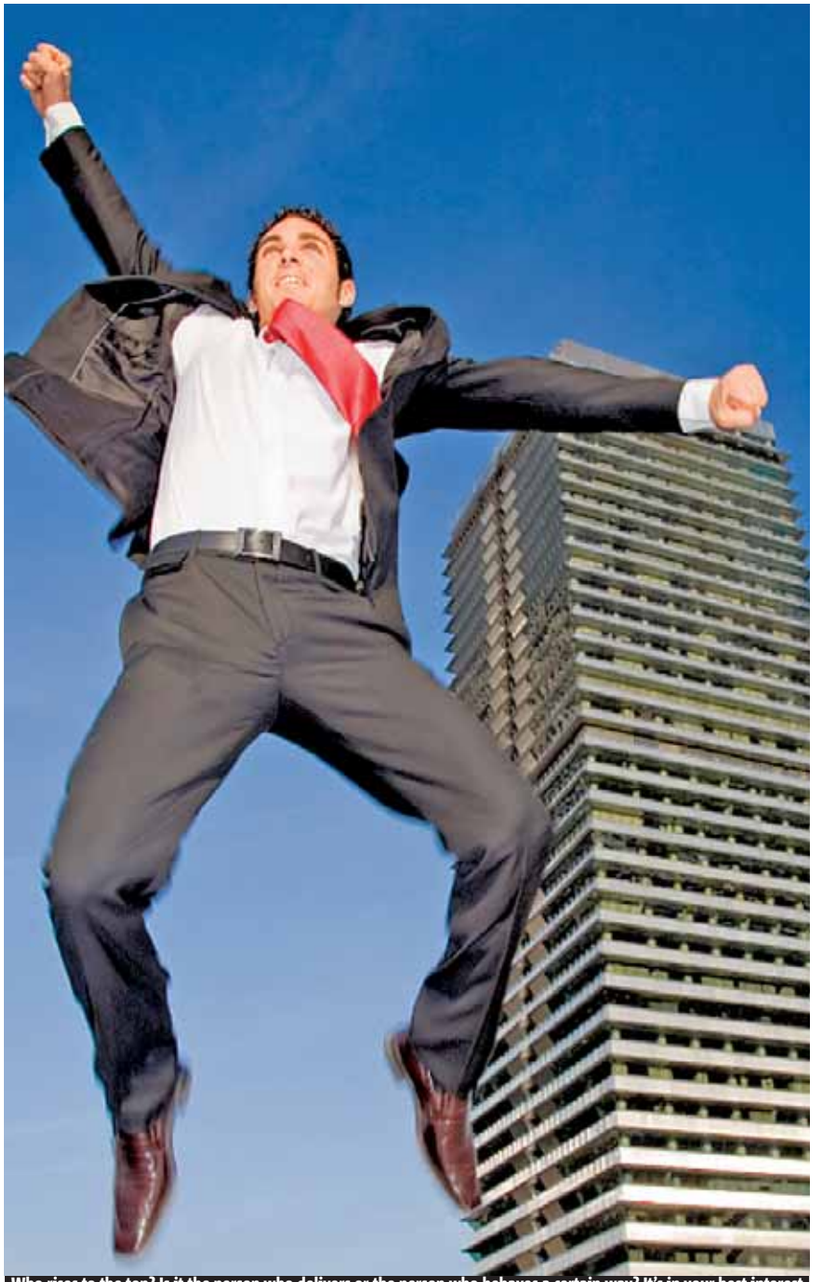

Who rises to the top? Is it the person who delivers or the person who behaves a certain way? It's in your best interest to find out. ISTOCK

So what's it like to work there?

Questions of culture. Find a workplace that suits your personality and your passions

YLVA VAN BUUREN
CareerBear.com

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

What does the workspace look like?
When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchal. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy… or closed and self-important.

Is a team atmosphere encouraged?
Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has a traditional, inflexible work culture. Or, is it a high pressure workforce where employees are always exhausted?

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Kassian, Gordon sent to AHL Chicago

NHL. Canucks shuffle roster, re-calling Jensen and Sweatt

CAM TUCKER
cam.tucker@metronews.ca

Canucks forward Zack Kassian fights Blues tough guy Chris Stewart on March 19 at Rogers Arena. Kassian re-injured his back in the fight and hasn't been in the Canucks lineup since. He was sent to AHL Chicago on Sunday. RICH LAM/GETTY IMAGES

For weeks now, Nicklas Jensen's name has come up more than a few times as a possible call-up for the Vancouver Canucks.

On Sunday, that became official.

The Canucks re-called Jensen and Bill Sweatt, and re-assigned Andrew Gordon and Zack Kassian to the Chicago Wolves of the American Hockey League.

Kassian, the 22-year-old power forward in the making, who the Canucks picked up from Buffalo in a late trade-deadline deal for Cody Hodgson last year, had five goals in his first seven games of the season.

But he was hampered by back injuries and hasn't scored since Jan. 30. He re-aggravated a back injury March 19 in a fight with St. Louis Blues forward Chris Stewart and had been kept out of the lineup since then.

Jensen is a first-round pick, 29th overall, of the Canucks in the 2011 NHL entry draft.

The 20-year-old began the season with AIK Stockholm of the Swedish Elite League. He led all AIK and Swedish Elite League rookies in scoring with 17 goals and 23 points in 50 games.

He was assigned to Chicago of the AHL on March 8.

In 11 games with the Wolves, he had two goals and two assists.

The Canucks had a six-game winning streak rudely interrupted Saturday night, as they allowed four goals in the first seven minutes and 53 seconds of the first period against the Edmonton Oilers. They eventually lost 4-0.

The Canucks are in San Jose to play the Sharks on Monday.

The NHL's trade deadline is Wednesday.

Possible targets for Wednesday

THE HOCKEY NEWS
Edward Fraser
vancouver@metronews.ca

Wednesday's trade deadline is fast approaching and the Canucks are once again entrenched as a contender.

Realistically, there's not much Vancouver can or should do short of dealing one of its prospects or a pick or two for some short-term help, but that's all it could take to bring in a player or two who'd have a serious impact. Here are three players worth pursuing:

Mike Ribeiro

An unrestricted free agent this summer, the 33-year-old Capitals centre would fill the void in the middle and provide extra offensive pop: He's having a near career year, averaging better than a point per game (35 in 33). He'd also be an upgrade on the power play, where he's tallied nearly half his points. One problem: Washington is in the heart of the playoff race and is in no hurry to sell.

Ryane Clowe

To say this has been a dreadful year (no goals, 11 points in 27 games) for the 30-year-old would be an insult to the word dreadful, but Clowe is still a big body, at six-foot-two, 225 pounds, with a penchant for stepping up come playoff time. Rumours are the Sharks are seeking a first-round pick in return for the soon-to-be UFA, but that's an optimistic asking price now that the market has been set by the return in the Jarome Iginla deal.

Ray Whitney

He'll be 41 in May and has another year on his deal at $3.5 million US, but he's still scoring at nearly a PPG pace (12 in 15) and brings championship pedigree via his Stanley Cup win with Carolina in 2006. The fact he missed 16 games with a foot injury means he'll be fresh for the playoffs. Alas, and stop me if you've heard this one before, the Stars are in the playoff mix and may not be eager to ship out scoring.

MLS

Caps can't convert on chances

Two Vancouver Whitecaps road games. Two losses.

The Whitecaps spent Saturday's MLS match chasing Chivas USA and couldn't complete the comeback in a 2-1 loss.

After a road loss last weekend against the Houston Dynamo, Vancouver had 22 shot attempts, which was a cause of frustration for head coach Martin Rennie.

"We missed too many opportunities today. At the same time we did not defend the second ball well and twice it cost us, both goals," Rennie said.

"I'm really frustrated about that — too many players had an off night tonight. To get that many more chances than the opposition away from home and to only score one goal is something we need to improve on."

METRO

NCAA

Louisville overcome gruesome injury to topple Duke

With tears in their eyes and Kevin Ware in their hearts, there was no way Louisville was losing this game.

Russ Smith scored 23, Gorgui Dieng had 14 points, 11 rebounds and four blocks, and Louisville put aside the shock from Ware's gruesome leg injury to earn a trip to the Final Four with an 85-63 victory over Duke on Sunday afternoon.

Ware's right leg bent in such an awkward and frightening angle that CBS stopped showing replays shortly after the fall.

THE ASSOCIATED PRESS

NHL

Injury woes hit Crosby again

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

♉ Taurus
April 21 - May 21
Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

♊ Gemini
May 22 - June 21
Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

♋ Cancer
June 22 - July 23
Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

♌ Leo
July 24 - Aug. 23
Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

♍ Virgo
Aug. 24 - Sept. 23
You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

♎ Libra
Sept. 24 - Oct. 23
The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

♏ Scorpio
Oct. 24 - Nov. 22
You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

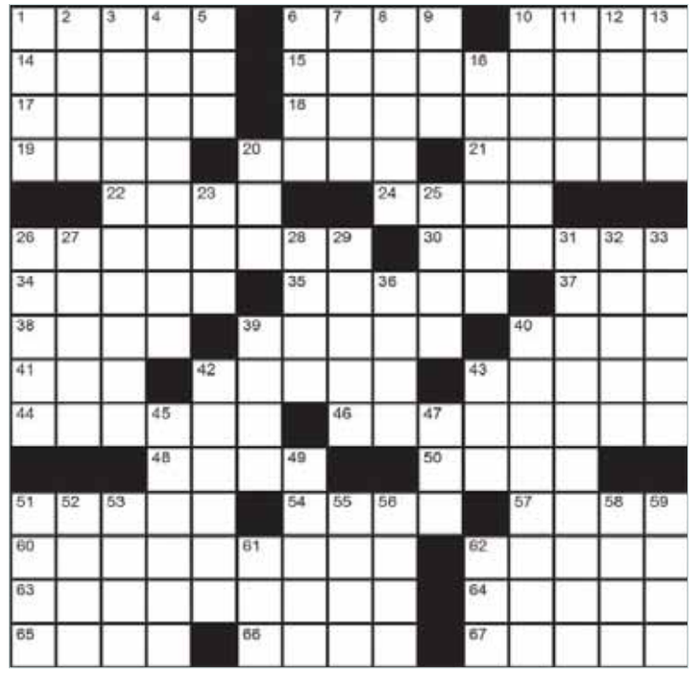
♒ Aquarius
Jan. 21 - Feb. 19
Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

♓ Pisces
Feb. 20 - March 20
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

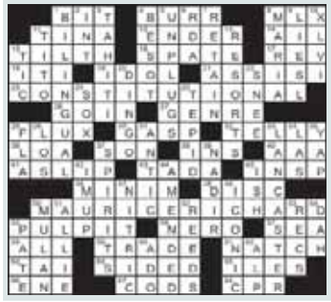
BY KELLY ANN BUCHANAN



Across
1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __ __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books author Stephenie

Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up
7. Snake, for one
8. Racecar sound
9. '_' __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ _ (Stigma for Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss _ __." - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5			8	4
6			3	8				
5	8	1						
			2			9		8
	6						2	
1		8			7			
						8	9	5
				6	9			7
2	7			4				3

Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	9	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	6	8	2	3	1	7

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Tuesday
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Variable

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